

Woman's World

Helen Gardner Thinks Moving Pictures an Aid in Beauty Culture.



MISS HELEN GARDNER.

Miss Helen Gardner, the beautiful star of the moving picture theaters, has very decided views as to what constitutes beauty. Real loveliness lies in the poise and control of expression, she avers.

"I believe," says Miss Gardner, "that as a promoter of real beauty, the beauty of expression, the picture play is without an equal. Symmetrical features and clearness of skin are desirable gifts, and the possessor of them is fortunate, indeed, but beauty of expression is to be envied more than a beautiful complexion."

"Unlike upon the speaking stage, the figures on the screen are enlarged to many times their natural size, and in the closing 'close up' scenes every muscle of the face and every movement of the eyes used to express the different emotions are shown as though under a magnifying glass."

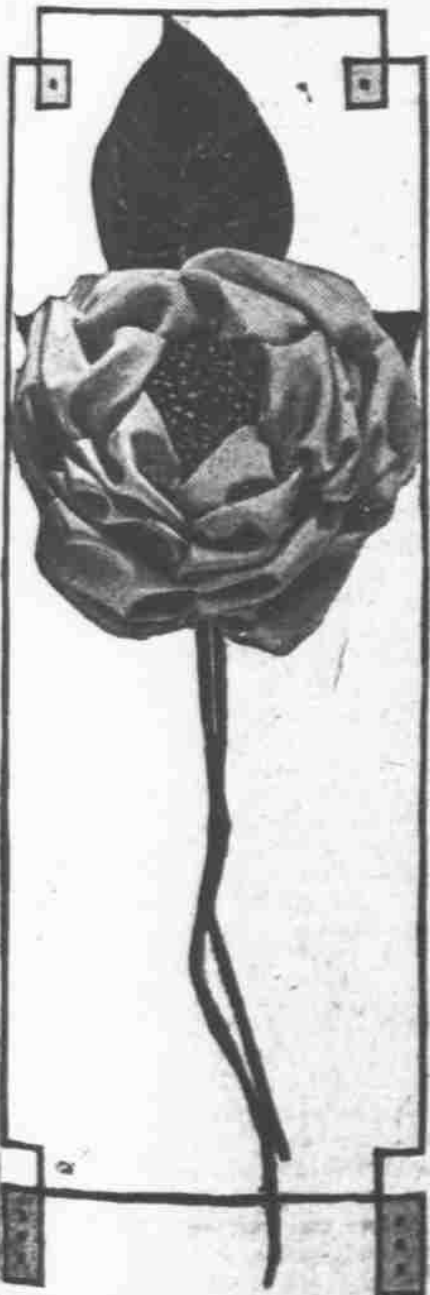
"The successful motion picture actress is a thorough mistress of the art of expressive action and by it attracts and holds the interest and sympathy of her audiences. Paint and powder and colored stage settings play no part in the influence she exercises or the attention she commands. It is her beauty—not the symmetrical beauty of face or figure, but the beauty of truth and the magnetism of soul reflected and glorified in 'expression'—that is the real charm."

"Stick to your creams and your rouges if you will. They are harmless little vanities. But study beauty of expression if you would be genuinely attractive."

RIBBON FLOWERS.

Dainty Ornaments That May Be Fashioned by Deft Fingers.

Flower novelties have been immensely popular this season. Artificial flowers, particularly the handmade ones of silk and satin, have been used in trimming evening gowns, fancy blouses,



RIBBON TEA ROSE.

girdles, in the decoration of millinery, as coiffure ornaments and boutonnières.

To make some of the more elaborate of these ornaments requires an unerring taste and deft hand, for much depends on the combination of colors and the adjustment of folds or foliage.

Illustrated here is a dainty yellow rose of soft ribbon in a shade that suggests tea rose. The ribbon is joined together at the ends and has some of the gathered stitching running across to give the fullness to the flower. An artificial center, stem, leaves and leaves are provided for the flower.

Points for Mothers

Consideration For Others.

Train a child to notice and respect the employment of another. If it be merely a game there is no need thoughtlessly, therefore rudely, to interrupt it. A little politeness one to another, a little observance of the wishes of others, will put aside sulky looks and bad temper.

We know ourselves how disagreeable it is to have the table shaken when we write, to have a door left open or loudly banged, to have some one crossing between us and the light or to be constantly interrupted. Our children cannot like this more than we do. Yet we need not lose our temper. A smiling protest, a caressing request, a little joke over the annoyance, will prevent its repetition better than a sharp rebuke.

When children are taught to notice these trifles they learn to avoid them. A child is pleased when you apologize to him for unintentional awkwardness. The little seeds sink in his mind. Tomorrow he will avoid that small offense. Rough movements, unpolished speech, detract from rather than increase a child's pleasure. And it is these small trifles that make up the comfort of our homes.

Having the Eyes Examined.

If a child screws up its eyes when looking at a distant object or, when reading a book, has to bend closely over it a defect in vision should be suspected. Sometimes the child complains of headaches or eye ache, the former usually referring to the forehead. There may be at times a slight squint. These are also suspicious signs. Eye strain also gives rise to inflammation of the lids—hence styes—and if this condition is constantly recurring the sight should be properly tested.

Unskilled advice in the matter of the eyesight should be avoided, for permanent injury is easily effected if wrong measures are taken. No child should ever be allowed to wear glasses until a doctor has examined the eyes and has recommended the use of such.

To prevent eye strain the position in which a child does its home work—in regard to the lighting of the room—should always be borne in mind. Any glare on the book or paper should be avoided, and the light should fall obliquely from behind.

Diplomatic Management.

If you want to break a young girl of going about with undesirable friends, or dressing in an unbecoming way, or reading books which she has no business to open, or doing any other of the silly things in which girls delight, you can always manage it best by drawing her attention away to other matters. Those undesirable friends are probably her only refuge from dullness. Let her go out a little more. Show her more of life and she'll drop them very soon.

That common, ugly frock will never be worn again after you have given her a really pretty new one in good style. She would never read those disagreeable books if you took the trouble to provide her with amusing, exciting tales of a decent kind.

But the good books must be exciting and interesting, not merely improving. The nice dress must be dainty and charming, not plain and serviceable. Your way must look more attractive than her own.

Brushing the Teeth Regularly.

If the child is taught early to brush its teeth it becomes a matter of habit, which it carries through life, and the result is a fairly perfect set.

If the first teeth are brushed and kept in good condition and a dentist visited at least once in six months there is little danger of the second teeth being infected or crooked.

It sometimes happens that a first tooth remains in the gum too long—that is, after the second tooth shows signs of coming through. This condition should not be allowed to exist, as the first tooth is liable to irritate the gum, which will become sore and infected, and pus will be the result.

If the first tooth does not fall out naturally on the appearance of the second the child should be taken to a dentist and the offending tooth removed.

Crowded and irregular teeth are often the result of first teeth remaining too long in the gum.

Buying Children's Garments.

In buying goods for children the mother should invest only in those materials which are very closely woven. It is not so much the weight of the goods as the weave. The loose weaves pull apart in no time, and for children they are practically useless. A tight weave need not be very heavy, but it will wear well. It is most important to consider this carefully when buying.

Then, too, when a really fine piece of goods is found it is better to buy in large quantities, for another fine piece may not be found, and the same material may be used in many ways.

For instance, from one kind of goods may be made two dresses for the little daughter, each in a different style and with different trimming; a little suit for the son and perhaps even a skirt for the mother herself. There need never be any waste in fine goods, for they can serve in many different ways.

FOR VALENTINE FROLICS.

Smart New Dances or Dinner Frocks For the Pretty Maiden.



PEACHBLOW SILK GOWN.

For the St. Valentine day party, whether it be dinner or dance, the charming frock here pictured will become the average debutante. It is carried out in peachblow, a shade that harmonizes charmingly with the roses and lilies of youthful complexions. The material used is a soft, lustrous taffeta. The surplice bodice is draped loosely over the shoulder and finished with an edging of cream fillet lace. The skirt is one of the most up to date in line and cut. It has the smart hip yoke, gathered in this case, and skirt with the correct flare. The effect of the latter is heightened by the scalloped facing of black velvet around the hem. The wide girdle is of black velvet ribbon.

ENAMELING A BEDSTEAD.

How to Do Over an Old One to the Best Advantage.

If you wish to enamel an iron bedstead first rub the matted paint smooth with fine sandpaper. Do this gently, so as not to roughen what paint remains upon the iron. If you can get it all off it will be better, for then you will have a uniform surface. This done, go all over the bedstead with white enamel paint, which is sold at paint shops and by some druggists. Use a broad brush and sweep it smoothly and evenly over the iron until all is covered.

Let the first coat get perfectly dry before applying the second. Three coats may be necessary to make the whole of the dark iron white. The advantage of a white enamel apart from the pleasing effect is that it may be renewed when it becomes defaced and that it will be the better for each renewal.

Workmanship Counts.

The best designs in smart jewelry are remarkable even more for exquisitely delicate workmanship than for the mere size and quality of the gems. Quite inexpensive stones, such as amethysts, peridots, aquamarines and rock crystals, which are extremely fashionable, are set with as much care as if they were diamonds or pearls, emeralds or rubies "worth a king's ransom."

The newest earrings and pendants are light and fine as possible, little swinging chains weighted with a solitary stone or a cluster of tiny gems.

SMART FASHIONS.

The pointed corsage is promised for the near future.

In jewelry cut steel and cut jet are being combined.

Some of the new skirts are plicated around the edge.

Tailored costumes for street wear are simply designed.

Coats for sports wear are almost invariably of the army order.

The skirts of children's party frocks are usually plaited or flounced.

Open and closed neck wear of lace and net is among the favorites.

A pretty cotton waist has the fullness shirred in around the waist.

Dotted swiss is to be worn in the spring, and so is embroidered organdie.

A great many of the new hats suggest the headgear of European soldiers.

Skirts are made with a rather high waistband, which insures a perfect hang.

There is a growing popularity of the snake bracelet, necklace and even brooches.

NOVELTY COSTUME.

Model That Combines the Harem Skirt and One Piece Blouse.



DARING AFTERNOON GOWN.

The costume novelty illustrated here includes a harem skirt and one piece blouse. The skirt is closed below, and the waist is fashioned of a square of silk. The opening at the neck is cut large enough to permit the blouse to be slipped on over the head. It is fastened without the use of buttons, hooks or eyes. The ribbon hat to match the costume is of corbeau blue taffeta. This striking style novelty was designed by Ora Cae.

COLORED HANDKERCHIEFS.

Dainty and Attractive Ones Are Permissible This Season.

For a long time women viewed the colored handkerchief with aversion, considering that good taste demanded plain white. Of course, the white handkerchief may be used, but the colored handkerchiefs grow more and more dainty and attractive, and beyond a doubt a handkerchief to correspond is now one of the prettiest and most usual accompaniments of a smart toilet.

It is even acknowledged that vivid borders are allowable when the costume demands it, for if the handkerchief has any color at all it must correspond with the gown.

The monogram or initial is always embroidered in color to match the border, and the woman who likes fine work is embroidering and hemming by hand dainty bits of linen for very acceptable gifts for her friends.

Cleaning a Rusted Sink.

Rusted ironware or sinks can easily be cleaned by smearing with fat or grease, then covering with quicklime, which should be left on for a few hours. Wash off with hot water to which a large amount of common soda has been added, and use a cloth tied to a sink broom, so as to avoid touching with the hands.

This is a great help to persons moving into a house which has been vacant a long while and where the sink is all rusted.

Cubist Shades the Latest.

The latest thing in lamp and candle shades are round or pagoda shapes of black with classic figure designs in white or with white ground and the figures in black. They are wonderfully effective when lighted up. Remarkably quaint white and black candle shades in cubist and striped designs are another new fad, and beautiful examples of floral shades, large and small, are also seen.

HINTS FOR HOUSEWIVES.

Sneaks in shoes are obliterated by dipping the soles in kerosene.

Red wall paper, especially in a small room, is often trying to the eyes and temper.

A teaspoonful of lemon juice in a cup of black coffee will cure a bilious headache.

The best scrapbaskets are the simplest ones, closely woven and free from any decorations of ribbons, etc.

No gritty scouring soap should be used upon the enamel of a bathtub. A powder is much better, and stains may be removed with a brush.

To stiffen starch add to one quart of prepared starch a teaspoonful of gum arabic and one of baking soda; dissolve in a little water and stir well.

Instead of giving on the handle of an umbrella which is not wearing well, try winding a thread around the stick and then sewing on the handle.

To remove paint from clothing surround the spots two or three times with equal parts of ammonia and turpentine and then wash out in soap and water.

Milady's Mirror

Avoid Nervous Grimacing.

A great destroyer of beauty lines in the face is the nervous twisting of the lips and grimaces. Many women are guilty of these when talking. They are unbecoming habits and are the means of developing many ugly lines and wrinkles that prematurely age one.

Time, worry and habit are three things that line the forehead with furrows and bring a sagging condition of the muscles, especially affecting the muscles under the chin. When these muscles lose their elasticity the result is the unsightly double chin.

The reason that furrows (wrinkles) make their appearance on the countenance of an aged person is due to the fact that the fat underlying the skin becomes absorbed. Consequently the cuticle loosens and becomes wrinkled. To remedy this condition gently massage these parts with good skin food; then before retiring adjust a forehead band which has been anointed with skin food. This should be worn each night.

Sagging cheek muscles may be strengthened and contracted with massage and an astringent lotion and, as has been said before, tightly bound up overnight with a band—either muslin or rubber.

In regard to premature wrinkles caused by worry or habits, they should not only be treated with massage, as previously directed, but one should learn to control the muscles to obtain a calm and pleasant expression, which is a great aid to beauty.

A Graceful Figure.

Quite often the figure of a pretty girl is spoiled by stooping shoulders, a contracted chest or a careless, slouching gait. Yet by devoting a little spare time every day to some physical exercises these evils may be overcome. Many and various are the forms of calisthenics. The daily use of dumbbells will strengthen all the muscles of the arms and chest and at the same time promote a free circulation of the blood.

Then there is the expander. This is formed of a strip of the very strongest kind of elastic, with loops or handles at each end to hold. It can easily be made at home. It should be held in both hands and be slowly expanded and passed over the head. This tends to develop the chest and strengthen the back.

Exercises of this sort should be performed regularly every day, and they must be done steadily, slowly and firmly.

Dress for any form of muscular exercise should be light, flexible and woolen. No corsets should be worn, and the bodice and underclothing must be large enough to allow perfect freedom of the arms.

The Hands in Cold Weather.

To preserve the hands in good condition in cold weather they should, whenever possible, be washed in tepid water, and if this is softened by a teaspoonful of borax so much the better.

Be sure to use a soap of good quality, and when drying the hands take the precaution of rubbing each finger separately.

If the hands are rubbed over once a day with a slice of lemon and a little cold cream or if mutton tallow is rubbed into them thoroughly before going to bed at night there will be little danger of the skin becoming chapped or rough.

Chapped hands are almost always caused by insufficient drying after washing or perhaps the water was icy cold and very hard or used too hot. Both extremes are bad for the skin.

Tonic For the Hands.

An excellent tonic astringent and bleach for the hands is made from one ounce of strained honey, one ounce of lemon juice and one ounce of cologne.

Blend thoroughly and rub into the hands at night, then draw on a pair of large kid gloves, having the palms slit for ventilation. Wash off in tepid water in the morning.

Where a woman does her own housework or assists with it to the extent of coming in contact with grime and grease, hot and cold water, the lemon rub after washing the hands will tend to keep them in good condition.

With rubber gloves to wear when housework is done it is possible to shield the hands from strong soap, varying temperatures of water and direct contact with dirt which coarsens the texture of the skin.

Beautiful Gray Hair.

Once gray hair is an accomplished fact and not merely a threat, its possessor soon begins to realize its beauty. It should be frequently shampooed so that it is even in color and smooth in texture, and it should be brushed carefully and regularly and often indulged in sun and air baths.

Gray hair will be of a more uniform shade if borax is put in the water in which it is washed, and if the hair is an ugly yellowish gray or white a little bluing will remove the offensive tinge.

Of course gray hair must be carefully combed, and the best effects are got when it is slightly undulated and then brushed high as the head is tilted off the neck and held in a soft French twist at the back.

For the Children

Emootuk, a Real Eskimo Boy, Who Likes New York.



Photo by American Press Association.

Among the varied peoples that make up the population of New York city are representatives of almost every race and nation under the sun. From every quarter of the globe they hail. Perhaps the most interesting of the many queer peoples is a group of Eskimos from Greenland. They comprise father and mother and two children—a boy and a girl. They were born north of the arctic circle, where summer is very short and the winter long and severe. Inured to the frigid weather of their native land, the Eskimos in New York laugh at our mild winters. They enjoy the snow when it comes, and the coldest day has no terrors for them. In their Greenland home they live in winter in igloos, or huts built of stones and earth. In order to enter their dwellings they are obliged to crowd through a long tunnel dug under the snow. The tunnel is necessary to keep out the cold winds. At the entrance to the tunnel a block of snow is used for a door, and at the inner end is hung a curtain of sealskin. The hut, which contains but one room, is lighted and heated by a stone lamp containing seal or whale oil and provided with a wick of moss. Sometimes when they are traveling the Eskimos build a temporary house of blocks of snow. This is said to be fairly comfortable for an Eskimo, but boys and girls of this latitude would find it a pretty chilly place. The name of the boy in the picture is Emootuk, and he is about twelve years of age.

"Advice Gratis," a Game.

To those who are willing to give and receive advice without asking payment hand a slip of paper and ask them to write down a few words of advice, then to fold the paper securely and deliver it to the collector, who will call for it presently.

The papers having been thoroughly shuffled in a hat or bowl, care being used not to unroll any, the players are requested each to draw one. Before opening it, however, the leader will direct him to give his opinion as to whether the advice he is about to receive is good or unnecessary or has other merit or demerit. He will then open the paper and read it aloud.

The advice will probably be more remarkable for its spicy personal character than for its high moral tone.

Such gems of counsel as "Try to rise earlier than 9 o'clock," "Give up smoking cheap cigars," "Use less rouge," "Stop flirting in street cars," "Be more select in your language" and the like will be suitable for the occasion.

The Farmer's Problem.

A farmer is moving and carries with him a fox, a turkey and a basket of corn. He comes to a river, and the boat will carry only the farmer and one of his charges. Now, if he leaves the fox and turkey alone the fox will eat the turkey, and if he leaves the turkey and the corn the turkey will eat the corn. How can he safely take them all across the river?

Answer.—By taking the turkey over, coming back and taking the fox over, bringing the turkey back, taking the corn over and coming back for the turkey.

Conundrums.

Why should a shoemaker be prosperous? Because he always has "awl" he wants.

Why should a shoemaker be rich? Because his works are sold before they are finished.

Land of Wiggy Wug.

In the land of Wiggy Wug Wig An elephant lived on a Pawtan rug; His automobile was a Wiggy rug That sped over Wiggy road.

He had a messenger bird and strong That sang to him daily on Wiggy song; I'll tell you, the words you see it's not long— "I'm a beautiful Wiggy road."

The elephant laughed and grew so fat That the road had to feed a wiggy cat. To carry his cane and hold on his hat "As they rode through Wiggy Wug."

They went one day for a pleasant ride And the road made the Wiggy cat hide. And they all lived together side by side On the elephant's Pawtan rug. —"The Wiggy Road."